CORPORATION DENAS MS

THERAPEUTIC MULTILAYERED CLOTHING

DENAS·OLM

User manual

LLC «RC ART»

EN

Multiple-layer medical clothing

Instructions for use

DENAS·OLM

EN

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1. PURPOSE

DENAS-OLM multiple-layer medical clothing is produced in three variants:
1) the DENAS-OLM-01 blanket;
2) the DENAS-OLM-02 waistcoat;
3) a set, comprising the DENAS-OLM-03 cap, DENAS-OLM-04 mittens and DENAS-OLM-08 boot.

The products are intended for fully or partially covering the human body in order to reduce the intensity of electromagnetic radiation acting on the body and body heat loss through convection.

The products can be used for the treatment and prophylaxis of conditions in medical institutions of all types and in the home in accordance with the instructions of a doctor.

1.1. General information

The products involve effective medical rehabilitation technologies and are used to build up health, as prophylaxis, for rehabilitation and the treatment of various conditions.

The scientific basis for the development of the products was the theory of stress formulated by the Canadian scientist Hans Selye and additional work by the Russian scientists L.Kh. Garkava, E.B. Kvakina and M.A. Ukolova.

The essence of the theory consists in the fact that when various aggressive factors act on the human body, a series of non-specific protective reactions occurs (stress, exercise, calm activation etc.). These reactions represent the basic capacity of the body to resist, and it is precisely on such reactions that the state of health of a person depends. Of great importance is the fact that during the development of illness the prognosis depends on the type of protective reactions: whether the person will recover, or whether in a body not

capable of qualitative defence, the illness will persist for many years, acquiring a chronic course. In addition, if the level of resistance is significantly impaired the body reacts poorly to the effect of any therapeutic physical factors and their use becomes less effective and more protracted.

By using "DENAS-OLM" products you will be subject to complex effects with low-intensity physical factors. As a result of these effects the type of non-specific protective reactions in your body changes to a more beneficial type. Not only does the work of the internal organs and systems normalise, but an improvement in the overall condition of the body occurs, which is manifested in the form of normalisation of self-esteem, improvement in mood, ability to work and sleep. The body becomes more resilient to illness and stress. The use of DENAS-OLM products also improves the effectiveness of other forms of therapy as treatment times are shortened, and the risk of developing complications and chronic forms of illness decreases.

1.2. Indications for use

DENAS-OLM products are intended for use as components of combination treatment or as monotherapy.

They are used in acute and chronic illnesses with the aim of increasing the efficacy of treatment, intensifying the effects of other medical remedies, reducing the likelihood of developing complications and chronicity (prevents the transition from acute to chronic forms), reducing treatment and rehabilitation periods.

For increasing the adaptational reserves of the body with a prophylactic aim, for reducing the negative consequences of the action of stress factors, preserving the ability to work, professional reliability, and also to prevent the development of exacerbations and complications of chronic illnesses.

1.3. Contraindications

At present no special contraindications have been determined for the use of DENAS-OLM products that differ from the contraindications common to all methods of physiotherapeutic treatment. In practice there is a general list of illnesses and pathological conditions in which physical factors should be used for a limited time or should not be used at all. These conditions relate to:

— acute generalised exhaustion (cachexia) or overall serious condition;

— individual intolerance;

— severe infectious disease with unclear diagnosis;

— hyperthermia (body temperature above 38 C°);

— active form of pulmonary tuberculosis;

— decompensated diseases of the internal organs;

— neoplasms;

— epilepsy with frequent convulsive events.

NB! *If any of the above illnesses or pathological conditions are present, a doctor must be consulted with regarding the possibility of using the products.*

1.4. Treatment outcome

When using the products, the greatest treatment effect is achieved by following a series of procedures. The overall treatment effect of the separate procedures also ensures long-lasting action which continues even after completing the course of treatment, and in many cases later positive effects even more pronounced than those achieved immediately after treatment.

However, it must be remembered that continuous uninterrupted use of just one method of physiotherapy increases accustomisation to it and can considerably reduce the efficacy of the treatment. In addition, in a small proportion (1-5%) of patients the nature

of physiological processes in the body results in an inadequate effect or lack of response to the use of medical physical factors.

1.5. Use of DENAS-OLM products with other treatment methods

The use of DENAS-OLM products can be combined with pharmacological treatment and any other methods of rehabilitation therapy: manual therapy, procedures involving water and mud, phytotherapy (treatment using plants), homeopathy, exercise therapy, dynamic electroneuro-stimulation etc. Here, in the vast majority of cases a mutual intensification (potentiation) of the treatment effects, which significantly improves the prognosis and treatment results, is observed.

NB! *A doctor must be consulted regarding the use of DENAS-OLM products during the course of any on-going physiotherapy or reflexotherapy in order to determine the optimum combination of procedures*

NB! *When using the products, adjustment of pharmacological treatment is only possible with the agreement of the treating doctor.*

2. EQUIPMENT AND RANGE OF PRODUCTS

Product made of several layers, an internal screening layer made of synthetic films with micron thickness metallisation.

2.1. Basic product parameters

	Product dimensions, cm	**Product weight, kg**
Blanket	(146 ± 14) x (195 ± 19)	3.0
Waistcoat	(60 ± 6) x (62 ± 6)	1.0
Cap	(42 ± 4) x (35 ± 3.5)	0.3
Mittens	(35 ± 3.5) x (22 ± 2)	0.2
Boot	(40 ± 4) x (45 ± 4.5)	1.0

2.2. Product range

2.2.1. DENAS-OLM-01

	Quantity, no.
Blanket DENAS-OLM-01	1
Instructions for use	1
Total	1

2.2.2. DENAS-OLM-02

	Quantity, no.
Waistcoat DENAS-OLM-02	1
Instructions for use	1
Total	1

2.2.3. DENAS-OLM Set

	Quantity, no.
Cap DENAS-OLM-03	1
Mittens DENAS-OLM-04	2
Boot DENAS-OLM-08	1
Instructions for use	1
Total	1

3. SAFETY REGULATIONS

NB! *The product includes a special fragile film for which reason the product must be handled correctly.*

Disinfection is carried out:

— with steam at a temperature of 110±2 °C for 20–25 minutes;

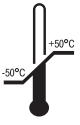
— with air at a temperature of 120±3 °C for 45–50 minutes.

Do not launder the product.

Do not get the product wet.

NB! *In order to prevent soiling of the DENAS-OLM products the treatments have to be carried out with cotton clothing worn next to the skin. When using the blanket it is recommended to use a cotton sheet or duvet cover.*

Transporting conditions:

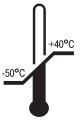


— temperature from –50 to +50 °C;

— relative humidity from 30 to 93%;

— atmospheric pressure from 70 to 106 kPa (from 525 to 795 mmHg).

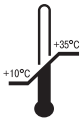
Storage conditions:



— temperature from –50 to +40 °C;

— relative humidity from 30 to 93%;

— atmospheric pressure from 70 to 106 κPa (from 525 to 795 mmHg).



Usage conditions:

— temperature from 10 to 35 °C;

— relative humidity from 30 to 93%;

— atmospheric pressure from 70 to 106 кPa (from 525 to 795 mmHg).

NB! *After transporting or storage at negative temperatures, the products should be kept in the transport packaging at room temperature for no less than 4 hours. Under no circumstances must cold products be unwrapped/wrapped up.*

4. PROCEDURE

4.1. General requirements for carrying out the treatment. Before the treatment the product must be unwrapped and inspected to ensure that there is no mechanical damage.

NB! *Before use the folded product must be smoothed out and left to rest for no less than 10 minutes.*

NB! *Before the treatment the patient must briefly come into contact with an earthed object.*

The treatment is carried out in a quiet environment, sitting or lying in a comfortable position. On completion of the treatment resting in the quiet environment for 15-20 minutes is recommended.

4.2. Methods of use

Full wrapping

This is carried out using the product "blanket" in such a way that only the face remains uncovered.

Partial wrapping and local application

This is carried out using the products "waistcoat", "boot", "mittens", "cap".

In the case of partial wrapping a part of the body is placed in the product, in local application the product is placed on the projection of the complaint (area of pain, projection of the affected organ etc.)

NB! *When wrapping the company logo must be on the outside of the product.*

NB! *Use cotton underclothing or covers (e.g. for the product "blanket" a duvet cover or sheet) to prevent soiling, effects of moisture, sweat. The patient's clothing contains a minimal quantity of added synthetic materials.*

4.3. General recommendations regarding the effect of dosing

The basic aim of the treatment with DENAS-OLM products is to change the type of non-specific adaptational reactions into more favourable ones, thereby increasing the protective potential of the body. The development of a non-specific adaptational reaction is in stages and can be broken down into two phases – nervous and humoral. The first stage develops during the process of carrying out the session and is of relatively short duration. The second phase develops 3-6 hours after the session and is observed for a period of 24-48 hours. The most pronounced treatment effect occurs as a result of carrying out a series of treatments. The overall effect of the separate treatments also ensures that it is long lasting and continues even after the end of the course of treatment, and in many cases the later positive effects are even more pronounced than those achieved during treatment. For this reason a course of treatment is optimum. In some patients it can last for 10-15 treatments, in others 15-20 and more treatments (for details see table 1).

The most marked reaction by the body develops in the case of full wrapping with the DENAS-OLM-01 blanket. However, very often if the body is initially in a state of chronic stress, or if there are severe disorders in terms of organ and system functions (severe local symptoms), when carrying out one session per day the second (humoral) phase of the adaptational reaction may not develop and the session will be ineffective. In such cases two sessions per day with a break of 2-4 hours between are carried out in order to increase the efficacy.

When carrying out a repeat session full wrapping, partial wrapping or local application can be used. In partial wrapping the blanket is wrapped around part of the body, in local application the blanket is placed in folded form on the direct projection of the complaint (area of pain, projection of the affected organ etc.). Additional local wrapping or application intensifies the efficacy of the full wrapping session and also brings about intensification of local exchange processes, activation of local immunity, intensification of the local blood supply to the affected organ etc.

However, in the overwhelming majority of cases partial wrapping or local application is 2-3 times longer than the duration of full wrapping. This prolongs the treatment.

Today there are DENAS-OLM products in the form of items of clothing — "waistcoat", "boot", "mittens", "cap". By using them:

— other useful activities can be carried out during the treatment which makes the procedures less burdensome;

— the efficacy of partial wrapping or local application can be increased by maximally localising the area of action of the treatment factor.

In the case of illnesses with severe local symptoms partial wrapping or local application can be employed without the use of full wrapping to increase the effects of other physical treatment factors (e.g. heat therapy, balneothereapy, DENS therapy etc.) and pharmacological treatment.

Table 1

Recommended duration and frequency of a course of use of DENAS-OLM products

	Aims of use	Duration of the course/ repeated course
Therapeutic course	Primary prophylaxis with the aims of increasing and lasting preservation of health reserves (improved working capacity, attentiveness, memory, ability to bear physical loads, normalisation of the psychoemotional state)	10-20 treatments per course. It is recommended to carry out the treatments between 7 and 11 o'clock in the morning. It is best to carry out no less than 2-3 courses per year.
Stress prophylaxis	Increased overall resilience of the body to constantly acting unfavourable (stress) factors (psychoemotional overloading, physical stress, harmful working conditions, geopathogenic factors, natural conditions etc.)	5–20 treatments per course. It is recommended to carry out the treatment between 7 and 11 o'clock in the morning. It is best to carry out repeated courses at intervals of 1-2 months.
Prophylaxis of exacerbations of chronic illnesses	Prophylaxis of exacerbations, development of complications of the primary and concomitant illnesses	Course duration 10 – 20 days. The treatments can be carried out at any time of the day. The courses are carried out 4-6 times per year taking into account the seasonality of the exacerbations.
Combined use with other types of treatment in different illnesses	Alleviation of the clinical course of disease symptoms: reduction in the probability of developing disease complications or chronicity; increasing the efficacy of treatment; reduction in the duration of treatment	A course lasts 7-30 days. One or two treatments are carried out per day. After 1-2 months a health restoring course is recommended

* *During or immediately after severe stress effects the treatment is carried out at any time of the day.*

Table 2

Recommended time of the separate treatments using DENAS-OLM products

	Duration of the treatment, in minutes	
	Blanket	Waistcoat., cap, mittens, boot
0–3	8–10	—
4–5	10–15	—
6–11	15–20	—
12–17	20–25	—
18–23	20–30	40–90
23–62	Men — 20–40 Women — 20–30	Men — 40–120 Women— 40–90
Over the age of 62	20–30	40–90

NB! *During the treatment feelings of heat and prickling may occur which do not become uncomfortable*

In rare cases symptoms of discomfort occur during initial treatments (slight pain, headache, nausea). In such cases it is desirable not to interrupt the treatment but to continue until the symptoms of discomfort disappear or decrease. If the symptoms of discomfort do not lessen during treatment, the duration of the next treatment is 10 minutes. The duration of the treatments is then increased daily by 3-4 minutes up to the maximum achievable time. It is also possible to use partial wrapping to achieve gradual accustomisation.

Recommended methods of use

	Method of use	When to use
1	**1st method** Full wrapping using the product "blanket"	The most frequent variation. It is used for improving health, as disease prophylaxis and treatment in cases where there are no disease complications, irreversible organ changes or chronic stress.
	2nd method Partial wrapping or local application using the products "boot", "mittens", "cap".	Used to treat conditions with pronounced local manifestations (complaints) and also if severe cardiovascular conditions are present.
2	**1st method** Full wrapping using the product "blanket" 2 times per day	Used to treat conditions caused by chronic stress or if irreversible organ changes are present. **NB!** The use of two full wrappings is only possible in patients without severe cardiovascular conditions.
	2nd method First treatment: Full wrapping using the product "blanket – once per day Second treatment: Partial wrapping or local application using the products "boot", "waistcoat", "mittens", "cap" once per day	Used to treat conditions caused by chronic stress, in the presence of irreversible changes in organs in cases where pronounced local disease manifestations (complaints) are observed.
	3rd method Partial wrapping or local application using the products "boot", "waistcoat", "mittens", "cap" twice per day	Used to intensify the effect of other treatment means when treating conditions with pronounced local symptoms. Also conditions of the locomotor system in the presence of mild to moderate pathologies of the cardiovascular system.

5. MANUFACTURER'S GUARANTEE

5.1. The manufacturing company guarantees that the products meet the requirements of technical specifications TU 9444-012-44148620-2009 if the usage, transporting and storage conditions are observed.

5.2. The service life of the products is 5 years. If the usage regulations are observed the service life may significantly exceed the officially stated figure.

5.3. The product usage guarantee is valid for 12 months from the date of sale.

5.4. If any faults come to light during the seller's (manufacturer's) guarantee period, the consumer's rights set out in Russian Federation law "Protection of Consumer Rights" must be satisfied. The seller (manufacturer) or organisation acting as the seller (manufacturer) on the basis of an agreement with the seller is not responsible for faults if they have arisen after handing over of the product to the consumer as a result of:

1) failure by the consumer to comply with the transporting, storage, maintenance and usage regulations set out in these instructions;

2) mechanical damage;

3) third-party actions;

4) acts of God.

5.5. In the event of claims during the guarantee period, the owner of the products must forward the request for replacement to the manufacturing company or its representative indicating his full name, address, telephone number, a brief description of the fault, the conditions in which it occurred and the date.

CORPORATION DENAS MS

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CERTIFICATE OF RECEIPT

DENAS-OLM multiple layer medical clothing meets the requirements of TU 9444-012-441486202009 and is approved as suitable for use.

Date of manufacture:

Note relating to receipt:

Date of sale:_____

Seller's signature:_____

I am aware of the guarantee conditions, the product has been checked, I have no claims relating to the external appearance.

*Signature of purchaser*__ _____

This product has academic distinctions:

- The I. Mechnikov- Medal of the Russian Academy of Natural Sciences
- The P. Erlikh- Medal of the European Academy of Natural Sciences
- Competition Certificate of RNZWMiK (Russian Scientific Centre for Regenerative Medicine and Health Resorts) of the Russian Ministry of Health "The best diagnostic and convalescence technology of the regenerative medicine – 2003"

Made by LLC "RZ ART"
for "DENAS MS" Corporation

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